

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Aerobics Class Schedule

February 2010

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 a.m.	Cardio Mix Kathy	Body Sculpting Naomi	Cardio Mix Kathy	Pilates Kathy	Introduction to Pilates / yoga Saturday, February 27th 11:45 am – 12:30 pm		
7:00 a.m.		20/20/20 Leslie		20/20/20 Leslie			
8:00 a.m.		Body Sculpting Susie	Yoga Laurie	Body Sculpting Naomi		8:15 Step Cardio Susie *complex (45 min)	
8:30 a.m.	Step Cardio Susie *complex (45 min)	Intro to Spinning Saturday, February 20th 12:00 pm – 12:45 pm Spinning Studio			Step Cardio Susie *complex (45 min)	NEW!!! Tweens Boot Camp Kids – Ages 8-12 See flyers for details Extra Fee Applies	
9:00 a.m.		Boot Camp Michele (Gym)		Boot Camp Michele		Body Sculpting Kathy (45 min)	
9:15 a.m.	Aerobics Naomi	SilverSneakersII Cardio Circuit Page	Aerobics Cindy R		Zumba® Mary	9:45 Aerobics Cardio Kathy (45 min)	
10:15 a.m.	Pilates Cindy C	SilverSneakersII Cardio Circuit Page	Yoga Susie	SilverSneakersII Cardio Circuit Cindy	Yoga Dama (75 min)	Pilates Krista 10:30	
11:30 a.m.	Silver Sneakers® I		Silver Sneakers® I Cindy C	Silver Sneakers® I Page	Chair Yoga Krista 11:45		
12:00 p.m.		Pilates Krista	Olympic Fitness Challenge Begins February 15 th Get Your Team Together Now!		Chair Yoga Krista 12:45		
4:30 p.m.	Cardio Mix Stacey	Power Sculpt Kathy	Kickboxing Lea (90 min)	Power Sculpt Stacey	Aerobics Kathy (45 min.)		3:30 Aerobics 4:00 Pilates Kathy
5:30 p.m.	Yoga Susie	Family Zumba® Mary (ages 8+)		Parent / Child** Yoga Carla (ages 6+)	5:15 Body Sculpting Kathy (45 min.)	Dr. Cederquist Hormones / Wt. Gain February 19th, 10:30 AM Sign up at Member Services	
6:30 p.m.	Pilates Krista	Yoga Krista (75 min)	Pilates Krista	Yoga Andrea (75 min)	CRAZY FIT - FREE Meet Outside in NE Parking Lot 6:00 PM Tuesdays		

- Please bring a towel with you to all classes
- Please plan to arrive to class ON TIME and plan to stay for the entire class
- Supportive athletic shoes are required for your safety in all classes except yoga and Pilates
- All classes are 55 minutes unless otherwise noted

Greater Naples YMCA

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YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.